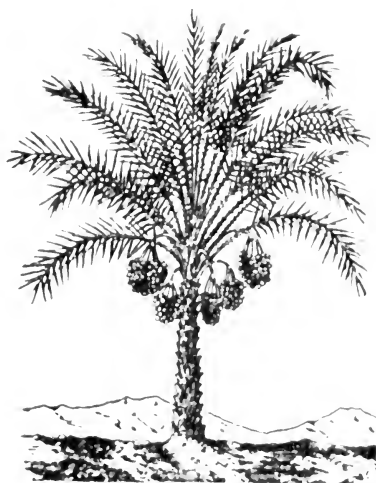


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COACHELLA VALLEY  
RIVERSIDE COUNTY, CALIFORNIA







# DATE COOK BOOK

Compiled by  
MAY SOWLES METZLER

“We may live without poetry, music, and art;  
We may live without conscience, and live without  
heart;  
We may live without friends; we may live without  
books;  
But civilized man cannot live without cooks.”

—Owen Merridith.

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## PREFACE

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It has been quite fitting that a date cook book should originate in Coachella Valley, the American home of the date.

I feel that the time is not far distant when dates will be used universally both in the fresh state and in various modes of cookery.

In its use sugar is conserved, as will be seen in the following number of recipes which need no sugar, and by others which require a smaller amount than has before been used.

Although the compilation contains many of the so called "fancy dishes," a still larger number of simple and wholesome rules may be found in its pages.

Dates are a product which perhaps lend themselves to a greater variety of uses than any other one article of food, and, consequently, I trust a book devoted exclusively to their service will find favor with all those who desire a more extended acquaintance with this most delicious fruit. M. S. M.

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May Sowles Metzler

## FOOD VALUE OF THE DATE

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In the arid regions of the old world dates always have been an essential in the dietry, and in some parts have been used even to a greater extent than bread and potatoes here.

Owing to its compact form and almost total availability as food the date is a natural tabloid form of nourishment, and some kinds even out-strip the much vaunted pre-digested foods. These latter dates contain sugar in a form immediately available by the body through simple absorption without being subjected to the digestion that ordinary sugar undergoes.

Dates are at once an enjoyable confection and a substantial energy producer. They really contain all the elements that a balanced diet calls for, protein, fats, salts and carbohydrates and all in available form for the human system.

One pound of dates has a calorie value of 1,275, a calorie being the physiological heat unit or unit of potential.

CHARLES BENNETT, M. D.



## SOME OF THE WAYS DATES ARE USED BY THE ARABS

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Split date, remove seed and then fill cavity with unsalted butter. This manner of eating the date has been popular throughout the Arabic world for centuries.

Another popular combination, and used by the missionaries as well as the Arabs, is called khabis, and is a mixture of dates, butter and honey.

Sour or curdled milk in various forms is a constant accompaniment of dates. It may be from this that we get our idea of the use of cottage cheese with dates.

Fresh milk, especially that of camels, is considered a particularly fitting drink after a meal of dates.

In the Sindh desert of India, onions are considered the proper accompaniment.

In districts where locusts or grasshoppers are obtainable, these insects are roasted and pounded to a paste, together with fresh dates.

Madquqeh, a date paste, made by pounding dates with sesame oil, is used on their tasteless bread.

Dates are also used cooked, the best being a plain fry in plenty of butter: the date for this purpose should

be soft, and great care is needed to keep them from burning; but if properly prepared, they rarely fail to please the American palate.

Fresh dates are baked in the oven, sometimes basted with butter.

Another standard Arab recipe is to chop up the dates, and boil them in milk often with the addition of chopped onions and a flour thickening.

There are also many ways in which dates are used as beverages, and in the making of jams and preserves.

In the Sahara dates are added to meats, soups and stews. Are used to make syrup which sells for ten cents a quart.

Seeds are used in cookery after being softened with milk, and are also made into bread.

PAUL B. POPENOE.





# BREAD



## Biscuits, Muffins, Rolls, Gems, Etc.

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“Would you know how first he met her?  
She was cutting bread and butter.”

—Goethe.

---

### Bran Bread

1 cup white flour	$\frac{1}{4}$ cup shortening, melted
1 cup wholewheat flour	1 egg beaten light
$1\frac{1}{2}$ cups bran	$1\frac{1}{2}$ cups milk
$\frac{1}{2}$ cup molasses mix with $\frac{1}{2}$ teaspoon soda	6 teaspoonfuls baking powder
1 teaspoonful salt	1 large cup dates, with seeds removed

Mix all together, put in small bread pan and bake about  $1\frac{1}{4}$  hours.

MRS. B. A. TEAGLE,  
Coachella, Cal.

### Corn Bread

1 cup cornmeal	$\frac{1}{2}$ teaspoon salt
1 cup white flour	Scant cup milk
4 teaspoons baking powder	2 eggs
2 tablespoons sugar	$\frac{1}{4}$ cup melted butter or any kind of shortening
$\frac{1}{2}$ cup chopped dates	

Mix and sift dry ingredients. Add milk slowly, egg well beaten, and butter. Lastly add dates, and bake in a greased shallow pan in a quick oven.

### Date Bread

2 cups chopped dates	1 egg
4 cups flour	$\frac{1}{2}$ cup sugar

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One cup means  $\frac{1}{2}$  pint. Cup, tablespoon and teaspoon all mean level measurements.

- |                 |                           |
|-----------------|---------------------------|
| 2 cups milk     | 4 teaspoons baking powder |
| 1 teaspoon salt |                           |

Sift dry ingredients, add egg well beaten, dates and milk. Mix well together, let stand twenty-five or thirty minutes and bake in a moderate oven for forty-five minutes.

MRS. PEARL HAWKINS,  
Taft, Cal.

### Date Bread (with yeast)

- |                             |                                     |
|-----------------------------|-------------------------------------|
| 1 cup warm left-over cereal | 2 tablespoons shortening            |
| 3 tablespoons brown sugar   | $\frac{1}{4}$ cake yeast or a small |
| A little salt               | amount liquid yeast                 |
| Flour                       | $\frac{1}{4}$ cup warm water        |

Mix cereal, sugar, salt and shortening, add yeast cake dissolved in the warm water, and flour to knead. Let rise over night. In the morning when kneading, work in  $\frac{1}{2}$  cup English walnut meats and  $\frac{1}{2}$  cup of dates both cut in small pieces. Shape in a loaf, let rise, and bake in a moderate oven. This bread is very good for sandwiches.

### Steamed Brown Bread

- |                           |                                 |
|---------------------------|---------------------------------|
| 2 cups yellow corn meal   | 1 cup very dark molasses        |
| 1 cup rye or Graham flour | $1\frac{1}{2}$ pints warm water |
| 1 teaspoonful salt        | 1 cup raisins                   |
| 1 teaspoonful soda        | 1 cup dates, chopped            |

Put in a greased mould, and steam two or three hours, either on stove or in fireless cooker.

MRS. A. O. HAYWARD,  
Thermal, Cal.

### Steamed Date Bread

- |   |   |
|---|---|
| Into a bowl put $1\frac{1}{2}$ cups corn-meal | 2 cups dates which have been steamed and rubbed through a sieve |
| 1 cup rye meal                                | 1 teaspoon salt   |
| $\frac{1}{2}$ cup flour                       | 1 teaspoon soda   |
| 1 teaspoonful baking powder                   | $\frac{2}{3}$ cup syrup   |
| 1 cup each milk and water                     |   |

Pour into a large well greased mould, cover and steam 5 hours. May be cooked in a fireless cooker, or if steamed in smaller moulds, will not require as long a steaming.

MRS. A. A. ALLEN,  
Coachella, Cal.

### Steamed Date Bread No. 2

1 cup rye meal	2 cups thick sour milk
1 cup corn meal	$\frac{2}{3}$ cup molasses
1 cup barley flour	1 cup dates
2 teaspoons soda	2 tablespoons melted Crisco
1 tablespoon salt	

Sift together the meal, flour, soda and salt; add sour milk, molasses and Crisco, and mix thoroughly. Grease three 1-lb. baking powder cans; put in some dates cut in pieces, then dough; add more pieces of dates, then dough, and alternate with dates and dough till all are used. Set to steam with cold water, that the mixture may rise before cooking. Steam three hours. The water must not stop boiling for at least two hours.

JANET McKENZIE HILL.

### Sweet Date Bread

$\frac{1}{2}$ cup shortening	1 teaspoonful of soda dissolved in a little of the milk
$\frac{1}{2}$ cup sugar	
$\frac{1}{2}$ cup molasses	
1 cup sour milk or buttermilk	1 cup white flour
2 eggs	$3\frac{1}{2}$ cups Graham flour
	1 pound of dates, cut in thirds

Spices to taste. Bake in a loaf.

MRS. C. R. KETTLE,  
Coachella, Cal.

### White Date Loaf

3 cups flour	1 teaspoonful salt
3 cups chopped dates	3 tablespoons baking powder
1 cup chopped nuts	1 tablespoon shortening
2 cups milk	

Mix well, put in a bread pan and bake 1 hour.

MRS. A. O. HAYWARD,  
Thermal, Cal.

### Biscuits

Put 2 cups flour in a pan, and work into it  $\frac{1}{4}$  cup shortening, 1 teaspoonful salt, 5 teaspoonfuls baking powder, and  $\frac{1}{2}$  cup cut dates. Wet with 1 cup rich sweet milk, and if more flour is needed, add until just stiff enough to handle. Roll to the usual thickness, and bake in a quick oven.

### Buns

1 cup scalded milk	$\frac{1}{2}$ teaspoon salt
$\frac{1}{3}$ cup butter	$\frac{1}{2}$ cup dates stoned and cut
$\frac{1}{3}$ cup sugar	in pieces
1 yeast cake dissolved in $\frac{1}{4}$ cup luke warm water	1 teaspoon lemon extract
	Flour

Add  $\frac{1}{2}$  cup sugar and salt to milk; when lukewarm add dissolved yeast cake and  $1\frac{1}{2}$  cups flour; cover, and let rise until light; add butter, remaining sugar, dates, lemon and flour to make a dough; let rise, shape like biscuits, let rise again and bake. If wanted glazed, brush over with beaten egg before baking.

MRS. F. M. FARMER.

### Date Bran Muffins

2 cups bran	3 tablespoons molasses
1 cup flour	$1\frac{1}{4}$ to $1\frac{1}{2}$ cups sour milk
1 teaspoon soda	1 cup chopped dates
$\frac{1}{4}$ cup butter	

Mix dry ingredients, rub in the butter with the tips of fingers, add molasses and sour milk and the chopped dates first rolled in flour. Put into hot muffin tins, and bake in hot oven. 1 unbeaten egg stirred in thoroughly at the last improves it greatly. Sweet milk may be used, with 3 teaspoons baking powder, instead of sour milk.

MRS. E. E. COOK,  
Indio, Cal.

**Date Muffins**

- |                                       |                           |
|---------------------------------------|---------------------------|
| $\frac{1}{2}$ cup butter or crisco    | $\frac{3}{4}$ cup of milk |
| $\frac{1}{4}$ cup sugar               | 2 cups flour              |
| 1 egg, well beaten                    | 4 teaspoons baking powder |
| $\frac{1}{2}$ cup dates cut into bits |                           |

Add dates last, and beat well. Put in well greased muffin pans, and bake twenty-five minutes.

MRS. J. G. NUSBAUM,  
Coachella, Cal.

**Date Muffins No. 2**

- |                           |                           |
|---------------------------|---------------------------|
| 2 tablespoons shortening  | 3 teaspoons baking powder |
| 2 tablespoons sugar       | 1 teaspoon salt           |
| 1 cup milk                | $\frac{1}{2}$ pound dates |
| $1\frac{3}{4}$ cups flour |                           |

Melt shortening and add sugar. Beat until well mixed. Add milk and flour, baking powder and salt which have been sifted together. Add dates which have been pitted and cut fine. Bake in greased tins in hot oven about twenty-five minutes.

MRS. T. M. MILLER,

**Fruit Corn Muffins**

- |                                     |                                    |
|-------------------------------------|------------------------------------|
| $1\frac{1}{2}$ cups yellow cornmeal | 1 tablespoon shortening            |
| $\frac{1}{2}$ cup white flour       | 2 eggs (1 may be used when scarce) |
| 1 teaspoon salt                     |                                    |
| 2 teaspoons baking powder           | 2 cups sour milk                   |
| 1 cup semi-dry dates, cut fine      |                                    |

Pans must be well heated, and greased with 1 tablespoon shortening. Bake in muffin pans in a hot oven for twenty minutes.

MRS. C. W. HYDE,  
Coachella, Cal.

**Economy Griddle Cakes**

$1\frac{1}{2}$  cups sour milk or buttermilk; thin with  $\frac{1}{2}$  cup sweet milk, and stir in  $\frac{1}{2}$  teaspoon soda, 1 teaspoon salt, 1 egg well beaten, 1 cup fine bread crumbs, which have been put through the sifter,  $\frac{1}{2}$  cup cornmeal and

enough flour to make the right thickness for cooking on a griddle in the usual way. Lastly add a few ground dates.

M. S. METZLER.

### Waffles

1½ cups thick sour milk	About 2 cups flour (just white
½ cup sweet milk	flour may be used or it may
3 tablespoons shortening, or	be mixed with any other
thick sour cream	kind, such as Graham)
¾ teaspoons soda	2 eggs beaten separately
1 teaspoon salt	1 teaspoon baking powder
	½ cup ground dates

Sift flour, salt and baking powder in a bowl, add milk in which soda has been dissolved, yolk of egg, shortening, dates and egg whites. Cook in hot well greased waffle irons. Serve with butter and syrup.

MRS. V. E. METZLER,  
Coachella, Cal.

### Southern Waffles

1½ cups corn meal mush	½ teaspoon salt
1½ cups milk	2 eggs
¼ cup ground dates	3 tablespoons shortening
3 teaspoons baking powder	3 cups flour

Add milk to mush, then dry ingredients, mixed, yolks of eggs, shortening and whites of eggs beaten stiff. Cook in waffle irons.

### Schnecken

1 pound of bread dough, add 2 eggs, ¼ cup butter. Mix well and add flour to stiffen. Roll thin, and spread with melted butter, cinnamon, currants, chopped dates, sugar and a little citron. Roll, cut and place in a baking pan. Let rise till very light, then put a small piece of butter on each, and sprinkle with a little powdered sugar. Just before putting in the oven, pour a very little boiling water about the cakes. Bake in a moderate oven in a well greased pan.

MRS. J. A. LEHRITTER,  
Gunnison, Colo.



# ❑ PUDDINGS ❑

“One thing is always sure to please,  
Just give him puddings such as these.”

## Apple Pudding

Wash and soak  $\frac{1}{2}$  pound dried apples (fresh ones may be used). Stone  $\frac{1}{4}$  pound of dates and cut each one in thirds. Put fruit in saucepan with 1 tablespoon of butter, half a cup of brown sugar and 1 teaspoon ground cinnamon. Stew slowly till tender. Turn out to cool. Sift  $\frac{1}{2}$  pound of flour into a basin, cut into it 4 tablespoons butter, add 2 tablespoons sugar, 1 teaspoonful baking powder and  $1\frac{1}{2}$  teaspoonfuls ground cinnamon. Make into a stiff paste with the beaten yolk of 1 egg and a little milk. Divide into one large and one small piece. Roll out and line a pudding dish with large piece of dough, put in fruit and cover with small piece of dough. Bake in a moderate oven for three-quarters of an hour. Cool and cover with meringue.

MRS. M. McLEISH,  
Riverside, Cal.

## Bird's Nest Pudding (no sugar)

Put 1 cup seeded dates in the bottom of a baking dish  
2 eggs beaten separately  
 $\frac{1}{2}$  cup milk  
1 cup flour with which sift 2 teaspoons baking powder  
1 tablespoon melted butter  
 $\frac{1}{2}$  teaspoon salt  
1 cup flour

Pour batter over dates and bake. Serve with cream.

MISS ALBERTA METZLER.

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One cup means  $\frac{1}{2}$  pint. Cup, tablespoon and teaspoon all mean level measurements.

### Boiled Rice and Date Pudding

1 cup rice	2 cups sugar
2 quarts hot water	2 cups water
1 tablespoon salt	1 cup cut dates

Wash rice and add slowly to 2 quarts boiling water to which has been added 1 tablespoon salt. Boil about thirty minutes, or until soft. Drain in a coarse strainer pour through it some hot water, and let stand in a warm place to dry off. Mix stoned and cut dates with rice and mould. Serve with a syrup made from the 2 cups sugar and 2 cups water. This amount will make a large pudding.

MRS. F. W. ZABLER,  
Coachella, Cal.

### Bread Pudding (no sugar)

2 heaping cups stale or fresh bread, cut in dice	1 egg, beaten
1 heaping cup dates ( $\frac{1}{2}$ lb.)	1 teaspoon vanilla
1 $\frac{1}{2}$ cups thin cream ( $\frac{3}{4}$ pint)	2 teaspoons baking powder
	$\frac{1}{2}$ cup blanched almonds, cut or not as you please

Mix well, and cook in a double boiler forty minutes.

MRS. B. A. TEAGLE,  
Coachella, Cal.

### New Brown Betty (with dates)

Grease a pudding dish, and put in it alternate layers of bread crumbs and tart apples and dates mixed. Make enough layers to nearly fill dish, having bread crumbs for first and last layers. Pour hot water on to moisten. Dot with bits of butter and bake. Serve with cream and sugar or a good pudding sauce.

### Boiled Carrot Pudding

1 pound of grated carrots	$\frac{1}{2}$ pound of either raisins or currants
$\frac{3}{4}$ pound chopped suet	8 tablespoons flour
$\frac{1}{2}$ pound dates	Spices to suit taste
4 tablespoons sugar	

Put in a greased pudding bag, tie, allowing room to

swell, and boil 4 hours; then put in oven for a few minutes to dry. Serve with "Hard Sauce," or any good pudding sauce.

### Carrot Pudding

- |                         |                     |
|-------------------------|---------------------|
| 1 cup grated raw potato | 1 cup chopped dates |
| 1 cup grated raw carrot | 1½ cups flour       |
| 1 cup chopped suet      | ½ cup sugar         |
| 1 cup raisins           |                     |
- 1 teaspoon each of soda, salt and allspice; soda dissolved in 2 tablespoons milk.

Steam 3½ hours and serve with "Brown Sauce."

MRS. L. H. KILLEY,  
Coachella, Cal.

### Chocolate Pudding

- |                              |                                |
|------------------------------|--------------------------------|
| 1 cup bread crumbs boiled in | 4 tablespoons melted chocolate |
| 1 quart milk                 | ½ cup cut dates                |
| ¼ cup sugar                  | ¼ cup nuts                     |
- Yolks of 2 eggs

Bake till set, then use well beaten whites with a little sugar for frosting. Brown in oven.

### Date and Nut Pudding

- |                     |                              |
|---------------------|------------------------------|
| 1 cup chopped dates | 4 tablespoons cracker crumbs |
| 1 cup nut meats     | 3 tablespoons sweet milk     |
| 1 cup sugar         | 1 teaspoon baking powder     |
- 2 eggs

Steam 1½ hours, either in one dish or individual moulds, and serve with whipped cream or ice cream.

MRS. E. PALMER,  
Mecca, Cal.

### Date Pudding No. 1

- |                      |                     |
|----------------------|---------------------|
| ½ pound of dates     | ½ teaspoon soda     |
| 3 tablespoons butter | ½ teaspoon salt     |
| ½ cup of molasses    | ½ teaspoon cloves   |
| ½ cup sweet milk     | ½ teaspoon nutmeg   |
| 1½ cups flour        | ½ teaspoon allspice |

Stone dates, and cut in small pieces. Melt butter

add molasses and milk. Mix dry ingredients together and sift. Add to liquid. Lastly stir in dates. Turn in a buttered mould, and steam  $1\frac{1}{2}$  hours. Serve with any good pudding sauce.

MRS. G. J. SHOENHAIR,  
Hollywood, Cal.

### Date Pudding No. 2

Mix 2 cups bread crumbs, 1 cup flour and  $1\frac{1}{2}$  cups chopped suet, 2 cups dates, cut in pieces,  $\frac{1}{2}$  cup sugar  $\frac{1}{2}$  teaspoon salt, 4 teaspoons baking powder. Mix well and add 2 eggs beaten in  $\frac{1}{4}$  cup milk. Put into a well greased mould and steam three or more hours. More steaming makes it darker and better. Serve hot with cream or sweet sauce. Makes a good Christmas pudding, or to serve at any time in place of plum pudding.

MRS. V. E. METZLER,  
Coachella, Cal.

### Date Pudding No. 3

1 cup molasses	4 teaspoons baking powder
1 cup milk	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon cloves
3 cups flour (use part barley flour)	$\frac{1}{2}$ teaspoon allspice
$\frac{3}{4}$ pound dates, cut in pieces	$\frac{1}{2}$ teaspoon nutmeg

Melt butter and add to molasses and milk. Sift together the flour, baking powder, salt and spices and add to milk and molasses. Add dates. Put in a buttered mould, and steam  $2\frac{1}{2}$  hours. Serve with pudding sauce.

MRS. T. M. MILLER,

### Date and Rice Dumplings (no sugar)

Use small squares of cheesecloth. Place one at a time on a plate, and cover center with about  $\frac{3}{4}$  cup of previously boiled rice. On this put 1 tablespoon of cut up dates. Bring rice up around the dates, shape round in the cheesecloth, tie close to the rice and plunge in

boiling water for twenty minutes. Remove cloth, and serve with a little jelly on top and cream around it. A very nutritious dish.

### Date Soufflé

1 cup stoned dates ground fine,  $\frac{1}{2}$  cup powdered sugar yolks of 3 eggs, beaten till light. Beat all together until very light, then fold in carefully the well beaten whites of 3 eggs. Turn into a baking dish, buttered and dusted with powdered sugar, and bake in a hot oven until well puffed and brown. Serve immediately.

### Fruit Suet Pudding

3 cups flour, level teaspoon salt, 2 teaspoons baking powder, 1 teacup finely chopped suet. Mix well together and add water to make dough like pie crust. Roll  $\frac{1}{2}$ -inch thick. Spread with chopped cooking apples and dates. Roll, and steam 3 hours. Serve with a sweet pudding sauce or cream and sugar.

MRS. J. H. BLOCK,  
Denver, Colo.

### Hard Time Date Pudding

Soak about 2 cups stale bread in hot water for half an hour, then squeeze the water from it through a strainer. Mix with it  $\frac{1}{2}$  pound stoned and cup dates. Grease a pie pan and put the above mixture in it, shaping nicely to the pan. Now take 1 egg, beat well, add  $\frac{1}{2}$  cup milk and 1 tablespoon sugar. Pour over the bread and dates, and add a little grated nutmeg on top. Can be used hot or cold, with any preferred sauce.

MRS. H. T. FOTHERGILL,  
Coachella, Cal.

### Oatmeal Betty

2 cups cooked oatmeal	$\frac{1}{4}$ teaspoon cinnamon
4 cups apples cut small	$\frac{1}{2}$ cup syrup

$\frac{1}{2}$  cup dates

$\frac{1}{4}$  cup sugar

Mix and bake for one-half hour. Serve with cream

### **Oatmeal Date Pudding (war-time recipe)**

2 $\frac{1}{2}$  cups boiling water

1 cup rolled oats

1 tablespoon crisco

$\frac{1}{2}$  cup maple syrup

$\frac{1}{2}$  teaspoon salt

1 egg beaten light

1 cup dates cut in small pieces

Have water boiling rapidly. Stir in crisco, salt and oats, and continue to stir while cooking rapidly 5 minutes. Cook in double boiler 1 hour; add syrup, dates and beaten eggs, and bake in a baking dish about thirty minutes.

JANET McKENZIE HILL.

### **Quick Graham Pudding (no sugar)**

Boil 1 quart of water, add 1 teaspoonful salt and drop in slowly, stirring constantly enough Graham flour to make a moderately thick mush. Continue cooking and stirring occasionally for about half an hour. A few minutes before removing from the fire, add 1 cup stoned and cut-up dates. Serve hot with cream.

### **Rice Pudding a la Hoover**

Wash 1 cup rice, drain and add to 2 cups hot water,  $\frac{1}{4}$  teaspoon salt. Steam 45 minutes. Add  $\frac{1}{4}$  cup brown sugar,  $\frac{1}{2}$  package dates, cut, and 1 cup scalded milk, and steam 15 minutes longer.

“DELINEATOR.”

### **Rice Pudding (without sugar or eggs)**

6 tablespoons of rice

1 teaspoon salt

2 quarts milk and 2 table-  
spoons thick sweet cream

1 cup dates, stoned and cut in  
small pieces

Bake very slowly for three hours. Serve with cream. Makes a large pudding.

MRS. J. W. ROCKEFELLER,  
Gunnison, Colo.

### **Roly-Poly Apple and Date Pudding**

Pare, core and slice cooking apples, and stone and halve a few dates. Make a rich biscuit dough. Roll out not quite half an inch thick, lay the fruit on the paste, bring edges together, wrap in a pudding cloth, which has been well floured, tie up and plunge into boiling water, and boil two hours. Serve with sweet sauce. In tying bag, leave room to swell.

MRS. J. BENSON,  
Clifton, Colo.

### **Seven Cup Pudding**

1 cup grated bread	1 cup flour
1 cup sugar	1 cup chopped suet
1 cup milk	1 teaspoon cinnamon
1 cup currants or raisins	$\frac{1}{2}$ teaspoon soda
1 cup dates	1 egg

Mix all dry ingredients together, then add milk. Steam two hours. Serve with "Easily made pudding sauce."

MRS. JAS. WILLIAMSON,  
Byrnfoot Hill, Ayrshire, Scotland.

### **Simple Fruit Pudding**

Beat yolks of 2 eggs with  $\frac{1}{4}$  cup sugar, until light add 1 tablespoonful softened butter and  $\frac{1}{2}$  cup milk. Sift together 1 cup flour, a little salt and 2 teaspoonfuls baking powder; stir this in, then fold in the well beaten whites, and 1 cup cut dates. Turn in individual cups and steam one hour. Serve with "Yellow Sauce" or "Chocolate Sauce."

MRS. V. E. METZLER.

### **Steamed Chocolate Pudding**

Beat the yolks of 3 eggs till lemon colored and thick. Add gradually  $\frac{1}{2}$  cup sugar and continue the beating. add 3 tablespoons sweet milk and 1 cupful of flour and beat until smooth. Add  $\frac{1}{2}$  cup chopped dates. Lastly add the well beaten whites of those eggs and 2 tea-

spoonfuls baking powder. Turn into greased cups, filling half full, and steam twenty minutes. Serve with a vanilla flavored pudding sauce. "One Egg Sauce" would be good with this pudding.

### Steamed Date Pudding (brought from Scotland)

$\frac{1}{4}$ pound of bread crumbs	$\frac{1}{4}$ teaspoon soda
$\frac{1}{4}$ pound flour	$\frac{1}{2}$ pound dates cut in small pieces
$\frac{1}{4}$ pound sugar	1 egg
$\frac{1}{4}$ pound finely chopped suet	

Mix all dry ingredients together, beat egg and stir in, and add enough milk to make a thick batter. Pour into a buttered mould and cover with buttered paper. Steam for three hours. Serve with any sweet pudding sauce.

MRS. H. T. FOTHERGILL,  
Coachella, Cal.

### Steamed Date Pudding

1 cup dates	1 egg
1 cup sweet milk	$\frac{1}{2}$ teaspoon salt
2 cups Graham flour	2 teaspoons baking powder

1 teaspoon each of cinnamon, cloves and nutmeg

Mix well and steam 3 hours. Serve with "Date Sauce."

### Steamed Indian Pudding

Put in a sifter  $\frac{1}{2}$  cup Indian meal,  $\frac{1}{2}$  cup flour, 1 teaspoon salt and 1 teaspoonful soda. Sift three times. Mix  $\frac{1}{2}$  cup suet,  $\frac{1}{2}$  cup molasses and add  $\frac{1}{2}$  cup sour milk. Gradually add dry ingredients to this mixture and beat well all together. Add 1 cup dates, well floured. Butter mould and steam two hours or more then place in the oven until dry outside.

MISS E. METZLER,  
Kansas City, Mo.



## PUDDING SAUCES

“Hunger is the best sauce.”

## Brown Sauce

1 cup sugar

butter the size of a small egg  
1 tablespoon of flour

Set on the stove and brown, being careful not to burn. Add 1½ cups of water, stirring constantly, and boil. Flavor with vanilla. MRS. L. H. KILLEY.

MRS. L. H. KILLEY,  
Coachella, Calif.

### Chocolate Sauce

2 cups of milk

2 tablespoons hot water

1½ tablespoons cornstarch

2 eggs

2 squares Baker's chocolate

$\frac{3}{4}$  cup powdered sugar

4 tablespoons powdered sugar

1 teaspoon vanilla

Scald  $1\frac{3}{4}$  cups milk, add cornstarch diluted with remaining milk, and cook 8 minutes in a double boiler; melt chocolate over hot water, add 4 tablespoons sugar and hot water, stir until smooth, then add to cooked mixture; beat whites of eggs until stiff; add gradually powdered sugar and continue beating, then add unbeaten yolks, and stir into cooked mixture, cook 1 minute, add vanilla, and cool before serving.

MRS. FANNIE M. FARMER.

### Cream Sauce

1 cup whipping cream

1.2 response on vanilla

1½ cup powdered sugar

Beat cream until stiff, then add sugar and vanilla.

One cup means  $\frac{1}{2}$  pint. Cup, tablespoon and teaspoon all mean level measurements.

### Date Sauce

1 cup dates chopped fine	$\frac{1}{2}$ cup hot water
$\frac{1}{4}$ cup sugar	Butter the size of an egg
1 egg	

Mix all together, and boil a little.

### An Easily Made Pudding Sauce

Mix 1 tablespoonful flour with  $\frac{1}{2}$  cup sugar. Add  $\frac{1}{2}$  pint boiling water. Boil a moment, and pour while hot over 1 egg well beaten. Season with lemon or vanilla.

### Hard Sauce

1 cup powdered sugar	$\frac{1}{2}$ teaspoon each of lemon
$\frac{1}{3}$ cup butter	and vanilla

Cream butter, add sugar, then flavoring.

### One Egg Sauce

Yolk of 1 egg	1 cup sugar
$\frac{1}{2}$ cup butter	2 tablespoons cornstarch

Pour over this 1 pint boiling water. Stir and cook till it thickens, then add 1 tablespoon vinegar, 1 dessertspoon vanilla. Pour over the well beaten white of 1 egg.

MRS. M. A. LAWRENCE,  
Gunnison, Colorado.

### Vanilla Sauce

Beat yolks of 4 eggs, add 4 tablespoons sugar and 1 pint milk. Allow to come to a boil, stirring continually. Remove from the stove, and add  $\frac{1}{2}$  teaspoonful vanilla.

### Yellow Sauce

Beat the yolks of 2 eggs until thick, and add gradually  $\frac{1}{2}$  cup powdered sugar.

Beat the whites of 2 eggs until stiff, and add gradually  $\frac{1}{2}$  cup powdered sugar.

Combine the two mixtures, and flavor with vanilla. Add a pinch of salt.

# COLD DESSERTS

"An't please your Honour," quote the peasant,

"This same dessert is very pleasant." —Pope.

## Baked Apples

Take the cores out of good cooking apples, and fill the openings with finely chopped dates.

Bake, after adding a little water, and serve, either hot or cold, with cream and a little sugar.

MRS. HUGH PROCTOR,  
Coachella, Calif.

## Boiled Custard (no sugar)

$\frac{1}{2}$  pound dates cut in small pieces.

Add 1 pint of milk and a pinch of salt.

Cook in a double boiler till thick. This will require nearly an hour.

## Cereal Custard Pudding (no sugar)

1 cupful of left over cooked cereal      A sprinkling of salt

Dates

1 cupful of milk

1 tablespoon of corn syrup

1 egg

Mix the beaten egg, milk, syrup and salt; combine with the cereal; add the dates, and bake as a custard.

LADIES' HOME JOURNAL.

## Cocoanut and Date Pudding (no sugar)

1 cup dessicated cocoanut

1 egg

$\frac{1}{2}$  pound of dates

1 pint of milk

Stone dates, and then fill a shallow pudding dish with alternate layers of cocoanut and dates; beat the egg well,

One cup means  $\frac{1}{2}$  pint. Cup, tablespoon and teaspoon all mean level measurements.

adding milk, and pour this over the contents of the dish.

Bake in a moderate oven till a nice brown.

MRS. H. T. FOTHERGILL,  
Coachella, Calif.

### Dainty Sponge Fruit

(A most delicious and light pudding, especially for children.)

1 egg, its weight in granulated sugar, and three quarters its weight in flour, 1 teaspoonful baking powder.

Beat egg, add sugar and then beat again; next gradually stir in the flour and baking powder; add 1 dessert-spoon of milk, and beat well for three or four minutes. Pour into a well greased baking tin, and bake in a quick oven for twenty minutes. Serve hot or cold with "stewed Dates."

MRS. H. T. FOTHERGILL,  
Coachella, Calif.

### Date Bavarian Cream (no sugar)

1 pint whipping cream	1 envelope gelatine
1 cup milk	1 cup ground dates

Soak gelatine in  $\frac{1}{2}$  the milk, whip cream stiff; boil remaining milk and add gelatine. Let cool, then beat till it begins to thicken; stir in whipped cream, mix well and pour into a mould. Serve with whipped cream heaped around.

### Date Blanc-Mange (no sugar)

1 $\frac{1}{2}$ pints of milk	$\frac{1}{2}$ teaspoon salt
1 $\frac{1}{2}$ tablespoons corn or maple syrup	3 tablespoons of cornstarch
	$\frac{1}{2}$ teaspoon vanilla

12 seeded dates, cut up small

Mix the cornstarch with  $\frac{1}{4}$  cup milk. Heat the remaining milk in a double boiler, add cornstarch, syrup, dates and salt, and stir until thick. Cover and cook for twenty minutes.

Add the vanilla, and pour into a dish to cool. Serves five people.

MRS. B. E. ROBERTSON,  
Coachella, Calif.

**Date Custard (without sugar)**

Scald  $\frac{3}{4}$  cup of stoned and chopped dates with 2 cups of milk. Let cool, then add 2 beaten eggs and a pinch of salt.

Pour into greased custard cups, set in a pan of hot water and bake gently till custard is firm.

**Date Delight (no sugar)**

2 tablespoons of nut butter	1 pint of milk
2 tablespoons of cornstarch	2 eggs
3 tablespoons of honey	1 cup of chopped dates
A few grains of salt	

Melt the butter; stir in the cornstarch and the honey, add the milk and the salt. Cook in a double boiler for twenty minutes; add the yolks of the eggs, and cook for five minutes. Remove from the fire; add to this the beaten whites of the eggs and the dates. Place in custard cups for individual serving.

LADIES' HOME JOURNAL.

**Date Farina Cups (no sugar)**

To 1 pint of milk, add  $\frac{1}{2}$  teaspoonful of salt and  $\frac{1}{2}$  cup of cut up dates.

When boiling hot, add 6 tablespoons of farina, stirring continually.

Cook until very thick, and flavor with 1 teaspoon lemon extract. Pour into individual cups. When cold, turn out, and serve with lemon flavored custard sauce, and sprinkle thickly with chopped, blanched almonds.

**Date Jelly**

Three-quarter pound of dates. Stone, and boil in a little more than 1 quart of water. Strain through a fine strainer, rubbing through with a wooden spoon.

Boil syrup, adding as it thickens 3 tablespoons sugar, 1 ounce of gelatine, 1 wine glass of sherry, (fruit juice may be used) a little lemon juice and the grated rind.

Pour into a wetted mould, and garnish with shredded almonds.

MRS. R. H. POSTLETHWAITE,  
Coachella, Calif.

### Date Pudding

(A sugarless pudding which uses both syrup and sweet fruit)

- |   |                             |
|---|-----------------------------|
| 2 cups milk                                 | 3 tablespoons cornstarch    |
| $\frac{1}{2}$ cup corn or maple syrup       | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{2}$ cup seeded dates cut up small | 1 teaspoon vanilla          |

Mix the cornstarch with  $\frac{1}{4}$  cup milk. Heat the remaining milk in a double boiler. Add cornstarch, syrup, dates and salt; stir until thick. Cover and cook twenty minutes. Add the vanilla, and pour into a dish to cool. Prunes are good in place of dates. Serves five people.

UNITED STATES FOOD LEAFLET NO. 15.

### Date Whip

- |                         |                                    |
|-------------------------|------------------------------------|
| 1 pound dates           | $\frac{1}{2}$ cup sugar (powdered) |
| 1 pint whipping cream   | 1 teaspoonful vanilla              |
| 1 cup Eng. walnut meats |                                    |

Stone dates and cut in small pieces. Cut nuts in small pieces. Whip cream until stiff, add nuts, sugar and dates. Flavor, chill and serve.

MRS. G. J. SHOENHAIR,  
Hollywood, Calif.

### Divinity Pudding

- |  |  |
|--|--|
| 9 tablespoons of rolled cracker crumbs | $\frac{1}{2}$ pound dates (latter two ingredients chopped, but not fine) |
| 2 teaspoons baking powder              |  |
| 2 cups sugar                           | 6 eggs beaten separately, whites added last                              |
| 2 cups English walnut meats            |  |

Pour batter into a pan, and have it not more than 2 inches thick. Bake in a slow oven thirty minutes. Cut in squares, and serve with whipped cream.

MRS. G. J. SHOENHAIR,  
Hollywood, Calif.

### Floating Island

- |                                    |                               |
|------------------------------------|-------------------------------|
| 1 pint of milk                     | 2 eggs                        |
| $\frac{1}{2}$ cup of chopped dates | 1 scant tablespoon cornstarch |

Put dates and milk in a double boiler and heat. Add

cornstarch, mixed smooth with a little milk, and the yolks of eggs well beaten. As soon as the custard thickens, pour into a dish. Beat the whites stiffly, add a little sugar and orange flavoring, and drop in small portions on the custard. On the top of each "Island" put a half date. Serve very cold.

MRS. V. E. METZLER.

### Fruit Compote

5 oranges, cut fine	1 cup fresh dates, cut
4 bananas, cut thin	1 cup walnuts
1 cup malaga grapes, cut	Juice of 1 lemon

Sprinkle with sugar and  $\frac{1}{2}$  teaspoon cinnamon, and add whipped cream on top.

### Harlequin

Cut marshmallows, and put a layer in the bottom of a sherbet glass, then a layer of coarsely chopped walnuts, a layer of fresh cut dates and lastly pineapple, cut in dice. The pineapple must fill the dish. Place whipped cream on top with a cherry.

### Marshmallow Pudding

One tablespoon gelatine dissolved in a little cold water. Boil 1 cup sugar and  $\frac{1}{3}$  cup water till it forms a soft ball when tried in cold water, add gelatine and stir just enough to mix it with syrup.

Beat the whites of 4 eggs to a stiff froth, add a pinch of salt, then pour over them slowly, beating continually, the hot syrup. Continue beating for some time, or until mixture begins to thicken; then pour in a mould. Chill. and serve with whipped cream sprinkled with chopped dates.

Part of the pudding may be colored if liked. either with the pink tablet or chocolate. May be moulded in individual moulds, or one large one.

MRS. A. O. HAYWARD,  
Thermal, Calif.

### Orange and Date Jelly

Simmer together  $1\frac{1}{2}$  pints water, the juice of 1 lemon, the grated rind of 2 oranges,  $\frac{1}{2}$  dozen dates and a little nutmeg. Soak 1 tablespoon of gelatine in 1 cup sweet cider, and when the water and fruit boils, add this with 1 cup sugar and the juice of 2 oranges.

Stir, and strain, but keep warm, except one tablespoon, which cool at once, and use in placing quarters and halves of dates around the edge of a mould set directly on ice.

After these are firm, add more jelly and fruit in layers. Turn out when stiff, and surround with whipped cream.

### Sweet Fruit Pudding

Heat 1 pint of milk.

Wet 6 level tablespoons cornstarch with a little cold milk. Stir this into the boiling milk, and cook until smooth.

Beat the whites of 4 eggs until stiff, add  $\frac{1}{4}$  cup sugar, then beat into the pudding.

Stir well over the fire two minutes, then add 1 cup of dessicated cocoanut, or half a fresh one, and 1 cup seeded and chopped dates. 1 teaspoonful vanilla.

Put in a mould, and let chill, and serve with "Vanilla Sauce."

MISS ALBERTA METZLER.

### Tapioca Pudding (no sugar)

Soak 3 tablespoons tapioca in a little water till soft. Boil  $1\frac{1}{2}$  pints milk and add tapioca. Put in the well beaten yolks of 3 eggs and 1 tablespoon cornstarch mixed with a little milk. Add  $\frac{3}{4}$  cup cut dates.

Let it just come to a boil, then pour into a dish to cool. Beat the whites of the eggs to a stiff froth, stir in a little powdered sugar, and put on the top of cream.



### Date Parfait

1 pint of whipping cream	3 tablespoos water
4 eggs	$\frac{1}{2}$ pound ground dates,
$\frac{1}{4}$ cup sugar	weighed after grinding

Boil sugar and water in a small dish until it just begins to "spin a thread", then pour over the well beaten eggs, beating continually. Let cool. Whip the cream, add dates, and, with a fork, mix them well through the cream, add the egg and syrup and pour in a mould. Pack in ice and salt, and freeze about four hours. If small moulds are used (baking powder cans are good) not as long a time is required for freezing. Dip a narrow strip of muslin in melted grease, and stretch tightly around where the can and lid join to insure keeping salty water out.

MRS. V. E. METZLER,  
Coachella, Calif.

### Ice Cream

1 quart thin cream	$1\frac{1}{2}$ teaspoons vanilla
$\frac{1}{4}$ cup sugar	2 cups dates

Stone and grind the dates, let them soak a few hours in the cream, then add sugar and flavoring and freeze in the usual way.

### Tutti Fruita Ice Cream

2 cups milk	$\frac{3}{4}$ cup sugar
Yolks 5 eggs	$\frac{1}{2}$ teaspoon salt
$2\frac{1}{2}$ cups thin cream	1 tablespoon vanilla
12 $\frac{3}{4}$ cups fruit cut in small pieces	

Make a custard of first four ingredients, strain, and cool. Add the cream and flavoring, then freeze to the consistency of mush, add the fruit, and continue freezing.

May be served this way, or put in a mould, packed in salt and ice and let stand 2 hours, then slice.

For fruit, use candied cherries, dates, pineapple, figs, sultana raisins and citron, all, or a part of them.

# CONFECTIONS

"Sweets to the Sweet"

## Bon-Bon Cream

5 pounds of sugar  
6 drops acetic acid

1½ pints water

Put sugar and water in a kettle, and set on a hot stove, stir till well dissolved. Just before it boils splash it up on the sides of the kettle to wash down the undissolved sugar, then wipe sides of the kettle with a damp cloth. Now put in acid, and cover and steam for a few minutes. Remove cover, and put in the thermometer, and cook to 240 degrees. Pour out and cool quickly. When perfectly cold, work it, and set away with a cloth over it wrung out of cold water.

Do not stir after it begins to boil.

Do not jar or move the kettle while the syrup is cooking.

Do not grease the platter or slab on which the fondant is poured. Never put the scrapings with the main part, and do not move while cooling. Nice to use alone, or with other combinations to stuff dates.

## Chocolate Dainties

Put through a meat chopper ½ cup each of dates, figs and nut meats. Add 1 tablespoon orange juice and a little grated orange peel, and 1 square of melted, sweetened chocolate.

Mould in balls, and roll in chopped nuts or granulated sugar. This mixture may be packed in an oiled tin, put under a weight until firm, then cut in any shape desired.

One cup means 1-2 pint. Cup, tablespoon and teaspoon all mean level measurements.

### Chocolate Dates

Remove the seed from dates, roll them up and coat with chocolate. Or, stuff these dates with chopped hickory nut meats. Press firmly together and coat with chocolate. They are very fine.

Use confectioner's "Coating Chocolate," either sweet or bitter, which is preferred. If you cannot procure the coating chocolate, use the regular baking chocolate, and, after it is melted, add enough XXXX sugar to sweeten.

"THE ART OF HOME CANDY MAKING."

### Chocolate Dominoes

$\frac{1}{2}$ cup pecan meats	Grated rind of 1 orange
$\frac{1}{2}$ cup English walnut meats	1 tablespoon orange juice
$\frac{1}{2}$ cup figs	1 square chocolate
$\frac{1}{2}$ cup dates	

Mix nuts and fruit, and put through a food chopper. Wet with the orange juice, mix in the grated rind, and roll in a ball. Lay on a baking board, which has been covered with sifted confectioner's sugar, and roll  $\frac{1}{2}$  inch thick. Cut in shapes the size of a domino, and spread with melted chocolate. On top lay little rounds cut from blanched almonds to imitate dominoes.

MRS. I. G. CURTIS.  
Thermal, Calif.

### Date Balls

Put stoned dates through a meat chopper, roll in balls, and then in ground nut meats.

MRS. A. O. HAYWARD,  
Thermal, Calif.

### Date Brittle

2 pounds sugar	Dates
$\frac{1}{2}$ pound glucose	Vanilla extract
$\frac{2}{3}$ pint water	

Put the sugar, glucose and water in a kettle and stir until it commences to boil. Wash down the sides of the

kettle and steam. Put in the thermometer and cook to 275 or 280. Flavor with vanilla. Stir lightly because the syrup may turn to sugar. Pour on a greased slab which has been previously covered with cut dates. When cold cut into small pieces.

“THE ART OF HOME CANDY MAKING.”

### **Date Delight**

2 cups light brown sugar	1 cup chopped dates
1 cup granulated sugar	1 tablespoonful of butter
1 cup milk	1 teaspoon vanilla

Boil sugar and milk a few minutes, add butter and boil until a soft ball will form in water.

Add vanilla and dates, beat till creamy, and pour into a buttered pan. Cut in squares.

MISS BEATRICE McLEISH,  
Riverside, Calif.

### **Date Caramels**

Take any dry date, seed and put through a grinder.

Press into a cake and cut in squares about the size of a caramel.

Dip in melted confectioner's chocolate, sweetened to taste.

MRS. C. O. MOSS,  
Coachella, Calif.

### **Dates Instead of Candy**

To 2 cups date pulp (which has been put through the finest knife of the chepper) use 2 large tablespoons nut butter. Mix thoroughly, knead a short time, then roll out an inch in thickness, and cut in cubes.

Roll in oiled paper.

This nut and fruit combination will keep some time.

MRS. E. PALMER,  
Mecca, Calif.

### Date Kisses

Whites of 4 eggs	$\frac{2}{3}$ cup ground nuts
2 cups brown sugar	
1 pound chopped dates	Vanilla flavoring

Beat the whites to a stiff froth, add sugar, then dates, which have been cut very fine or ground, and weighed after stoning, then add nuts and vanilla. Drop from a teaspoon on lightly buttered baking sheets, and bake in a slow oven until slightly brown.

MRS. E. PALMER,  
Mecca, Calif.

### Fruit Paste

Use dried apricots and dates.

Wash apricots, and soak over night in enough water to cover. Pour off water, bring to a boil, pour over apricots, and let stand till cold. Put apricots and dates through a meat chopper. There should be half a pint of fruit and juice.

Heat the fruit, and add 2 tablespoons gelatine, previously softened in a very little cold water. Stir well, and continue stirring until it begins to cool and thicken, then pour into an oiled dish to make a layer 1 inch thick.

Let dry slowly, sprinkle with sugar and place in box with waxed paper between the layers.

### Fruit Roll

Boil 2 cups white sugar with  $\frac{1}{2}$  cup water till it forms a soft ball in cold water.

Remove from the fire, let cool and beat until it creams. Be careful not to have too stiff.

Add 1 cup each of finely chopped dates and figs, and beat as long as possible. Roll in a wet cloth, and leave in a cool place over night.

Slice in thin strips or cut in fancy shapes.

### Fruit Toffe

One pound loaf sugar, 1 cup water and 1 teaspoon cream of tartar. Boil till hard when tried in water.

Then take fruit, such as grapes, dates, pieces of orange or any other fruit and dip in the toffe while hot.

They will soon become hard.

MRS. H. A. FOTHERGILL,  
Coachella, Calif.

### Holiday Hash

2 cups granulated sugar	$\frac{1}{2}$ cup golden corn syrup
$\frac{1}{2}$ cup of maple or brown sugar	1 cup water and a pinch of cream of tartar.

Boil to the hard "soft ball" stage, add 1 teaspoonful of vanilla and pour over the stiffly beaten whites of 2 eggs. Have ready  $\frac{1}{4}$  cup each of chopped dates, candied cherries, citron and orange rind and  $\frac{1}{2}$  cup of chopped or shredded coconut.

Beat the syrup till light and foamy, then stir in the fruit. Pour in a buttered tin, and mark off into squares.

### Nut and Fruit Loaf

1 pound dates	$\frac{1}{2}$ pound of raisins
$\frac{1}{2}$ pound dried figs	1 pint shelled peanuts
$\frac{1}{2}$ pint citron	$\frac{1}{2}$ pint shelled walnuts

Put all of the above through a grinder.

Boil 1-pound sugar,  $\frac{1}{2}$  cup vinegar and 1 tablespoon butter until quite hard, but not brittle, when dropped in cold water.

Beat until partly cold, then add fruit and nuts.

When it begins to harden, turn on a damp cloth and work into a roll. Wrap the cloth about it, and, when cold, cut in thin slices.

MRS. T. J. GRIDLEY,

### Persian Sweets

1 pound of figs	1 pound English walnut meats
1 pound dates	Confectioner's sugar

Remove stems from figs and stones from dates. Mix fruit with nut meats, and force through a meat-chopper. Work with the hands on a board dredged with confectioner's sugar, until well blended. Roll to  $\frac{1}{4}$  inch thickness, shape with a small round cutter, or cut with a sharp knife in  $\frac{3}{4}$  inch squares. Roll each piece in confectioner's sugar, and shake to remove superfluous sugar. Pack in a layer in a tin box, putting waxed paper between each layer. These confections may be used at dinner in place of bon-bons or ginger chips.

MRS. F. M. FARMER.

### Stuffed Dates

Remove the stones from dates. Fill with peanuts, walnuts, hickory nuts or any nuts available. Peanut butter makes a good filling. Press dates in shape and roll in granulated sugar, chopped nuts or a mixture of cocoa and powdered cinnamon.

Stone dates and fill with cheese, or pimiento cheese or minced olives.

Dates may be filled with any kind of fondant.

Fondant mixed with nuts, fondant with candied fruit, with chocolate or any combination.

Fill dates with a mixture of marshmallows, candied cherries and pineapple.

### Sugarless Caramels

Pass 1 pound dates, 1 pound of figs and  $\frac{1}{2}$  pound of pecans through a grinder. Soften with a little lemon juice. Cut into caramel shapes, and roll lightly in granulated sugar.

### War Time Candy

Boil 1 cup corn syrup, or molasses, until it is quite hard when dropped in cold water; then pour it slowly, stirring constantly, over puffed rice and a few cut up dates.

# PIES AND TARTS

“No soil upon earth is so dear to our eyes,  
As the soil we first stirred in terrestrial pies.”

—Holmes.

## Pie Paste

$\frac{1}{2}$  cup lard or other shortening     $\frac{3}{4}$  teaspoonsful salt  
 $1\frac{1}{2}$  cups flour    Cold water

Mix shortening and salt with the flour, and moisten to a dough with the cold water.

## Puff Paste

1 cup flour    1 tablespoonful lard  
Scant cup butter    Cold, or ice water

Work lard into the flour, and moisten dough with ice water. Put out on a board, and roll out, using as little flour as possible. Dot paste with small pieces of butter, sprinkle with flour and fold both ways so it will make 4 layers. Roll out, and repeat until butter is used. Roll, shape, chill and bake in a hot oven.

## Buttermilk Pie

1 cup buttermilk    1 tablespoonful of flour  
 $\frac{1}{4}$  cup sugar     $\frac{1}{2}$  teaspoon cinnamon  
1 cup chopped dates

Bake in two crusts.

MRS. S. S. METZLER,  
Denver, Colorado.

## Christmas Pie

3 large lemons    4 pounds brown sugar  
2 dozen apples    1 ounce each of candied  
2 pounds stoned raisins    orange, lemon and citron  
1 pound stoned dates    peel  
1 pound currants    1 small pot marmalade

One cup means  $\frac{1}{2}$  pint. Cup, tablespoon and teaspoon all mean level measurements.



1½ pounds suet

1 pint boiled cider

Bake like mince pieces.

MRS. J. E. MASTEN,  
La Colle, Quebec, Canada.

### Combination Pie

2 cups chopped dates

¼ cup sugar

1 cup raw apples

1½ cups milk

1 egg

Put dates and apples through a meat chopper, add the rest of the ingredients, and bake in one crust with twisted straps across the top.

K. HAYWARD,  
Thermal, Calif.

### Cottage Cheese Pie

One-half cup finely cut dates soaked in 1 cup milk for about two hours.

One cup very fine and smooth cottage cheese, and add to this 2 well beaten eggs.

Add gradually ¼ cup sugar, then add milk and dates: ½ teaspoon salt and 1 tablespoon lemon juice.

Bake in one crust. (If dates are not used ½ cup sugar will be necessary.)

MRS. V. E. METZLER.

### Date Cream Pie

4 tablespoons Crisco

½ cup sugar

4 tablespoons flour

1 cup dates stoned and cut

¾ teaspoon salt

2 eggs well beaten

2 cups milk

Plain pastry

Melt Crisco and in it cook flour and salt till frothy; add milk, and stir till boiling; add sugar and dates, and stir till dates are softened a little. Beat in the eggs, and turn in a pie plate lined with pastry.

Bake till crust is brown and custard set.

JANET McKENZIE HILL.

### Date and Apple Pie

Enough paste for upper and lower crust.

Fill pie pan nearly full of nice juicy apples, sliced.

Sprinkle with a little sugar and a very little flour.

On top of this place a layer of stoned dates, and put on top cover. Bake in a moderate oven.

MRS. G. SHOPE,  
Coachella, Calif.

### Date and Nut Pie

1 cup ground dates	2 cups water
$\frac{1}{3}$ cup nut meats	Yolks of 3 eggs
$\frac{1}{3}$ cup sugar	Whites of eggs for frosting
1 cup of milk	4 tablespoons cornstarch

Grind dates and nuts, add to milk and water, and heat, add sugar, and, when all is mixed, stir in the cornstarch which has been made smooth with a little milk. Add yolks of eggs, cook a little longer, then put in previously baked crusts. Makes two large pies.

MRS. W. G. SAVAGE,  
Coachella, Calif.

### Date Pie (no sugar)

One pound dates, stoned, and cut in small pieces. Soak over night, or for several hours in 1 pint thin sweet cream. In the morning, add 1 whole egg and yolks of two more, reserving remaining whites for frosting. Bake in one crust.

This amount makes one very large pie, or two moderate sized ones.

MRS. SPARLING,  
Denver, Colorado.

### Date Pie II (no sugar)

1 pint of milk	$\frac{3}{4}$ cup stoned dates
2 eggs	$\frac{1}{4}$ teaspoonful nutmeg
A pinch of salt	

Cook milk and dates in a double boiler till soft. Rub through a colander, add eggs and salt. Bake in one crust.

### Date Strips

Use any good pie paste or puff paste, and roll as you would for pie crust. Cut in squares or strips and brush

over lightly with the unbeaten white of an egg. Put on a baking sheet, and sprinkle each with ground nuts and dates mixed.

This is a good way to use left over pie crust.

### Date Tartlets

1 cup sugar	$\frac{1}{4}$ cup milk
$\frac{1}{2}$ cup butter	1 cup dates
3 eggs	$\frac{3}{4}$ cup English walnut meats
	1 teaspoonful vanilla

Cream butter and sugar, add yolks of eggs, milk and dates, which have been cooked in a little water till tender.

Line gem pans with pie paste, put in mixture, and bake. Beat whites of eggs, add powdered sugar and vanilla for meringue. Brown if liked. This amount makes twelve tarts.

(Since food conservation, the above rule has been tried without sugar, and found to be extra nice.)

MRS. BRUCE DRUMMOND,  
Indio, Calif.

### Sour Cream Pie

1 cup sour cream	1 teaspoon vinegar
1 cup sugar	1 teaspoon cinnamon
1 cup dates	$\frac{1}{2}$ teaspoon cloves

Line a pan with crust, bake a little, add filling, and bake slowly till filling is set. MRS. FRED MAISON,  
Coachella, Calif.

### Sweet Cream Pie

Make and bake a crust and set away to cool.

One cup whipping cream; 2 teaspoons sugar;  $\frac{1}{2}$  cup finely ground dates (do not pack down to measure.) Flavoring to taste.

Whip cream until stiff, then add dates, sugar and flavoring.

When crust is cool, fill with the cream, and set in a cool place until used. Must be eaten same day it is made.

MRS. A. F. DECKER  
Crested Butte, Colorado



# CAKE



"My rule? Why certainly: It's queer:  
But no one ever ate that cake,  
Who does not ask me for the rule—  
(How much to use, how long to bake.')

## Apple Sauce Cake (in Layers)

- |   |  |
|---|--|
| 1 cup brown sugar   | $\frac{1}{2}$ teaspoonful each of cloves<br>and salt       |
| $\frac{1}{2}$ cup butter  | 1 teaspoonful cinnamon                                     |
| $1\frac{1}{2}$ cups hot apple sauce (un-<br>sweetened) into which put | 1 egg (may be omitted)                                     |
| 1 scant teaspoonful soda,<br>mash,                                    | 1 cup chopped dates and raisins<br>mixed with 2 cups flour |
|   | 1 teaspoonful vanilla                                      |

If liked  $\frac{1}{2}$  cup of chopped nuts may be added.

Bake in two layers, and put together with frosting  
or jelly.

MRS. A. EACRETT,  
Hollywood, Calif.

## Apple Sauce Leaf Cake

- |                              |                                       |
|------------------------------|---------------------------------------|
| 2 cups hot apple sauce       | $\frac{1}{2}$ pound chopped citron    |
| 2 teaspoons soda             | 1 teaspoon cinnamon                   |
| 1 teaspoon salt              | 1 teaspoon cloves                     |
| 1 cup sugar                  | 1 teaspoon allspice                   |
| $\frac{1}{3}$ cup shortening | 2 teaspoons baking powder in<br>flour |
| 1 cup raisins                |                                       |
| 1 cup stoned dates           |                                       |

Enough flour for rather thick batter.

Mix in the order given, and bake one hour. Will  
keep a long time.

MRS. G. A. SHOPE,  
Coachella, Calif.

One cup means  $\frac{1}{2}$  pint. Cup, tablespoon and teaspoon all  
mean level measurements.

**Cake or Pudding**

1 pound dates, stoned and cut	$\frac{1}{2}$ teaspoon salt
1 cup Eng. walnut meats	4 eggs
$\frac{1}{2}$ cup flour	$\frac{1}{2}$ tablespoon Crisco
1 teaspoon baking powder	$\frac{1}{2}$ cup sugar

Beat the whites of eggs, stir in the sugar, add yolks of eggs, Crisco, then the dates, nuts, flour, baking powder and salt. Turn into a greased pan, and bake thirty minutes. Cut in squares, and use as cake or pudding with whipped cream.

MRS. BRUCE DRUMMOND,  
Indio, Calif.

**Cracker Cake**

6 egg yolks, creamed	1 cup nuts
1 cup sugar	4 tablespoons cracker crumbs
1 cup dates	1 teaspoon baking powder

Add slightly beaten whites last. Bake slowly.

MRS. K. CHAMBERLAIN,  
Coachella, Calif.

**Crumby Toast**

6 eggs beaten separately	$\frac{1}{2}$ pound chopped walnuts
$\frac{3}{4}$ cup butter	1 pound dates
1 cup sugar	6 tablespoons fine bread crumbs

Cream butter and sugar, add yolks beaten well, then add dates and nuts, which have been cut in small pieces. Mix baking powder and crumbs and add to mixture, and lastly add well beaten whites.

Bake in a rather thin sheet in a moderate oven.

Serve with whipped cream as a frosting.

MRS. ELLIS,  
Denver, Colo.

**Crumb Cake**

1 cup sugar	1 pound of dates
1 cup bread crumbs	$\frac{1}{2}$ pound walnuts

6 eggs

1 teaspoon baking powder

A pinch of salt

Beat yolks of eggs, add sugar, dates, nuts, salt and crumbs, with which mix the baking powder. Lastly fold in the well-beaten whites. Bake in a loaf. Slice in  $\frac{1}{2}$ -inch slices or break in pieces, and serve with whipped cream as a dessert.

"FARMER'S WIFE."

### Date Cake

Weight of 3 eggs in each sugar and flour.

Weight of 2 eggs in butter.

1 teaspoon baking powder.

Grated rind of 1 lemon, or 1 tablespoon marmalade.

Put in the 3 eggs.

About thirty dates, halved, stoned and the holes filled with almonds, blanched and halved.

Beat sugar and butter to a cream, add beaten eggs, then flour and baking powder, lastly grated lemon rind.

Put this mixture in tin about eight inches square, and on the top lay dates in rows close together.

Bake about twenty minutes. When cold, turn upside down, as dates will have sunk to the bottom.

Ice with the juice of an orange made stiff with powdered sugar.

MRS. C. COLQUHOUN,

New Zealand.

### Date Cake (Without Eggs)

1 cup sugar

1 teaspoonful of soda

 $\frac{1}{2}$  cup shortening

2 cups flour

Spice of all kinds

 $1\frac{1}{2}$  pounds of dates, stoned and chopped

1 cup sour milk

Mix in the usual way, and bake in a loaf.

MISS VIOLA MEYER,

Coachella, Calif.

**Date Loaf**

$\frac{1}{4}$ cup Crisco	4 teaspoons baking power
1 cup sugar	mixed with the flour
1 egg	1 cup dates, cut fine
2 cups milk	1 cup walnuts cut
4 cups flour	

Sift a little flour over dates and nuts to prevent sticking. Citron or lemon peel is an improvement. Bake in a slow oven 1 hour.

MRS. W. L. PAUL,  
Coachella, Calif.

**Date and Nut Loaf**

1 pound of dates, weighed after stoning	4 level teaspoonfuls baking powder
1 pound walnuts	4 eggs, yolks and whites
1 cup flour	beaten separately
$\frac{1}{2}$ teaspoon salt	1 teaspoonful of vanilla
1 cup sugar	

Mix salt and baking powder well with flour, add dates and walnuts, then sugar, and mix thoroughly. Add yolks and fold in the whites. Put in a loaf tin lined with buttered paper, and bake in a slow oven 1 hour. Will keep a long time.

MRS. BRUCE DRUMMOND,  
Indio, Calif.

**Date Shortcake**

1 cup sugar	1 tablespoon butter
1 egg	1 cup sweet milk
2 teaspoons baking powder	Flavoring
2 rounded up cups flour	

Bake in round pans.

For filling: grind dates in meat chopper, beat white of egg with 1 tablespoon of water; add a little sugar and the dates and spread between layers.

May be used either as cake or shortcake.

MRS. C. E. COOK,  
Indio, Calif.

### Devil's Cake

$\frac{1}{4}$ cup butter	$\frac{1}{2}$ cup wheat flour
$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ cup barley flour
$\frac{3}{4}$ cups finely minced dates	$\frac{1}{4}$ cup cocoa
2 yolks of eggs	1 teaspoon vanilla
$\frac{1}{2}$ cup sour cream	2 whites of eggs
$\frac{1}{2}$ teaspoon soda	

Mix in order given. Bake in a moderate oven.

MRS. T. J. GRIDLEY,

### Dutch Bread

Put into a sifter  $\frac{2}{3}$  cup sugar,  $1\frac{1}{2}$  cups flour,  $\frac{1}{2}$  teaspoonful each of cinnamon, allspice and baking powder. Add  $\frac{1}{2}$  cup dates,  $\frac{1}{2}$  cup nut meats, 1 cup sour milk, 1 tablespoon shortening, yolk of 1 egg, 4 tablespoons orange marmalade (or any jam,)  $\frac{1}{4}$  teaspoon soda. Salt.

Beat well, and bake in a loaf in a moderate oven.

### Fruit Cake

Cream together  $\frac{1}{2}$  cup drippings or vegetable fat,  $\frac{1}{2}$  cup butter and 1 cup sugar; then gradually add 4 well beaten eggs. Add 1 cup molasses,  $\frac{1}{2}$  pound of currants,  $\frac{1}{2}$  pound of dates, 1 pound seeded raisins,  $\frac{1}{2}$  pound of shredded candied citron peel,  $\frac{1}{4}$  cup chopped nut meats,  $\frac{1}{2}$  cup fruit juice, 4 cups flour mixed and sifted with 3 teaspoons baking powder,  $\frac{1}{4}$  teaspoon salt, 2 teaspoons powdered ginger, 1 teaspoon each of powdered cloves and cinnamon and nutmeg. Mix well, turn into a greased and papered cake tin, and bake in a moderately hot oven for 3 hours.

### Gingerbread

Cream  $\frac{1}{2}$  cup butter with  $\frac{1}{2}$  cup sugar. Add 2 well beaten eggs. Beat this into 1 cup molasses and 1 tea-



spoon each of cinnamon, ginger and cloves. Add 1 cup boiling water in which dissolve 2 teaspoons soda. Finally beat in  $2\frac{1}{2}$  cups flour sifted with 1 teaspoon baking powder and  $\frac{1}{2}$  teaspoon salt.

Beat thoroughly, and do not add any more flour though batter seems thin.

Pour in a dripping pan, sprinkle chopped dates and a few nuts over top, and bake slowly 45 minutes.

MRS. H. A. WESTERFIELD,  
Coachella, Calif.

### Lightening Cake

$\frac{1}{2}$ cup soft butter	$1\frac{3}{4}$ cups flour
$1\frac{1}{2}$ cups brown sugar	3 teaspoons baking powder
2 eggs	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ teaspoon grated nutmeg
$\frac{1}{2}$ pound dates, stoned and cut in pieces	

Put ingredients in a bowl and beat all together for three minutes. Bake in a buttered and floured cake pan thirty-five to forty minutes. If directions are followed this makes a very satisfactory cake; but if ingredients are added separately it will not prove a success.

MRS. G. SHOPE,  
Coachella, Calif.

### Marble Cake (1 Egg)

$\frac{1}{2}$ cup violet shortening or Crisco	1 teaspoonful vanilla
1 egg	2 teaspoonfuls baking powder
$\frac{1}{2}$ teaspoonful salt	2 cups flour
$\frac{3}{4}$ cup milk	1 cup sugar

#### Brown Part

3 large tablespoonfuls batter	1 teaspoonful cocoa or chocolate
Add cinnamon, cloves and nutmeg	1 cup dates, cut in small pieces

Cream shortening and sugar, add well beaten egg, vanilla and salt, sift baking powder and flour, stir into

sugar mixture alternately with the milk, add well beaten white of 1 egg last. Beat a long time.

Place in alternate spoonfuls in a loaf cake pan, and bake in a moderate oven.

MRS. T. M. MILLER,  
Los Angeles, Calif.

### New England Election Cake With Dates

Cream  $\frac{1}{2}$  cup of butter and work with the hand into 1 cup light bread dough; add 1 egg, well beaten, 1 cup soft brown sugar,  $\frac{1}{2}$  cup sour milk,  $\frac{1}{2}$  cup chopped raisins,  $\frac{1}{2}$  cup dates, and 6 finely chopped figs.

Dredge fruit with a small amount of flour.

Mix and sift  $1\frac{1}{4}$  cups flour with  $\frac{1}{2}$  teaspoonful soda.

1 teaspoonful cinnamon	$\frac{1}{4}$ teaspoonful nutmeg
$\frac{3}{4}$ teaspoonful cloves	1 teaspoonful salt
$\frac{3}{4}$ teaspoonful mace	

Add to first mixture and mix well.

Put into a buttered bread pan, covered and let rise  $1\frac{1}{4}$  hours.

Bake in a slow oven. Frost if desired.

MISS ALBERTA METZLER,  
Coachella, Calif.

### One Egg Spice Cake

$\frac{1}{2}$ cup Crisco	1 teaspoonful soda
1 cup sugar	Cinnamon, nutmeg and cloves
1 cup sour milk	to taste
$2\frac{1}{2}$ cups flour	1 cup dates and raisins mixed
1 egg	

Combine in the usual way, and bake in a loaf.

MRS. M. McLEISH,  
Riverside, Calif.

### Plum Cake

1 pound flour	2 ounces candied lemon peel
$\frac{1}{4}$ pound butter	$\frac{1}{2}$ pint milk

$\frac{1}{2}$  pound sugar  
 $\frac{1}{2}$  pound dates

1 teaspoonful soda

Put in a basin, flour, sugar, dates, and sliced candied peel. Beat butter to a cream, and mix it with above ingredients, and milk. Stir in soda dissolved in 2 table-spoons milk; add to dough, and beat the whole until all is well mixed.

Put dough in a buttered tin, and bake from  $1\frac{1}{2}$  to 2 hours.

MRS. R. H. POSTLETHWAITE,  
 Coachella, Calif.

### Ribbon Cake (Layers)

2 cups sugar  
 $\frac{2}{3}$  cup butter  
 3 eggs  
 1 cup milk

3 cups flour  
 4 teaspoonfuls baking powder  
 1 teaspoonful flavoring

Bake  $\frac{2}{3}$  of the above. To the remaining add 1 table-spoonful of molasses, 1 cup chopped dates, spices and a trifle more flour. When cakes are baked, put together alternately with a very thin layer of jelly.

### Sour Cream Cake

$1\frac{1}{2}$  cups sour cream  
 $1\frac{1}{2}$  cups sugar  
 3 eggs  
 $\frac{1}{2}$  cup each of dates and raisins

1 teaspoon soda  
 2 cups flour  
 1 teaspoon baking powder  
 A little salt and flavoring

Mix, and bake in a loaf.

MRS. R. F. HAISH,  
 Hollywood, Calif.

### Three-Minute Date Cake

2 eggs  
 $\frac{1}{2}$  cup sweet milk  
 $1\frac{1}{2}$  cups brown sugar  
 $\frac{1}{2}$  cup melted butter

$1\frac{3}{4}$  cups flour  
 4 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon cinnamon  
 $\frac{1}{2}$  teaspoon nutmeg

Beat for three minutes, and bake in two layers for twenty minutes. Put "Date Orange Curd" between layers, and "Orange Icing" on top.

MRS. J. G. NUSBAUM,  
 Coachella, Calif.

### Waihi Cake (From New Zealand)

$\frac{1}{2}$ pound butter, beaten to a cream with the hand	4 eggs added one by one
$\frac{1}{2}$ pound sugar, added and beaten	1 pound of flour mixed with 4 level teaspoons baking powder

Add flour alternately with  $\frac{1}{2}$  cup warm milk.

Lastly add  $\frac{1}{2}$  pound of dates and 2 ounces candied peel cut fine. Can be baked in large tins or individuals.

MRS. R. H. POSTLETHWAITE,

Coachella, Calif.

### War Time Spice Cake

$\frac{1}{4}$ cup of Crisco	$\frac{1}{2}$ teaspoonful cinnamon
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ teaspoonful cloves
$\frac{1}{2}$ cup Karo	$\frac{1}{2}$ teaspoonful allspice
1 egg	A pinch of salt
$\frac{1}{2}$ cup milk, a pinch of ginger	1 cup cut dates
1 teaspoonful of vanilla	$1\frac{3}{4}$ cup barley flour
3 teaspoonfuls baking powder	1 egg

Cream sugar, Crisco and egg yolk; add karo and stir. Add alternately the milk and dry ingredients sifted together. Add the flavoring, and fold in the well beaten whites. Bake in a moderate oven in a loaf.

### White Cake

1 cup butter and 2 cups sugar creamed	$3\frac{1}{2}$ cups flour with which sift 4 teaspoonfuls baking powder
1 cup sweet milk	
Whites of 8 eggs	1 teaspoonful vanilla or almond flavoring

Bake either as a loaf or in layers. Four whole eggs may be used instead of the 8 whites.

Use boiled frosting with  $\frac{1}{2}$  cup each chopped dates and nuts added.

MRS. A. G. PROCTOR,

Coachella, Calif.

# COOKIES and SMALL CAKES

“Appetite comes with eating.” Rabelais.

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## Bishop's Bread, No. 1

4 eggs and 2 cups sugar beaten well together	2 cups flour
1 cup dates	1½ teaspoon baking powder
1 cup nuts	Pinch salt and 1 teaspoon vanilla

Bake in a shallow pan slowly for about forty minutes.

MRS. K. CHAMBERLAIN,  
Coachella, Calif.

## Bishop's Bread, No. 2

3 eggs well beaten,	1¼ cups flour
add 1 cup sugar, and beat 3 minutes	2 teaspoonfuls baking powder
	Add ½ cup each of dates, raisins and almonds cut fine

Bake in a moderate oven, and when done and still hot, cut in oblong strips. Eat when cold.

MRS. M. REYNOLDS,  
Hollywood, Calif.

## Cake Balls

Use any good sponge cake. The following is a good one given by Mrs. R. H. Postlethwaite:

Four eggs, beaten separately. To the yolks add 1 scant cup sugar and a pinch of salt. Beat well, then add ½ cup potato flour in which put 1 teaspoon baking powder. Beat again, and add vanilla, and lastly the whites of the eggs. Bake in a moderate oven till

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One cup means ½ pint. Cup, tablespoon and teaspoon all mean level measurements.

it rises, then increase the heat for a few minutes to hold it up, and bake in a shallow slab till brown.

To make the balls, cut sponge cake in 1 inch squares, or a little larger, nip off the corners with a knife and dip in "Boiled Frosting", then roll in a mixture of dates and nuts.

### Chocolate Cookies

1 cup brown sugar	3 oz. chocolate
$\frac{1}{2}$ cup butter	$1\frac{1}{2}$ cups flour
$\frac{1}{2}$ cup sour milk	$\frac{1}{2}$ cup nuts
1 egg	1 cup ground dates
$\frac{1}{2}$ teaspoon soda	

Drop from a spoon and bake.

### Coachella Brownies

Cream  $\frac{1}{2}$  cup butter with 1 cup sugar, add 2 scant squares of Baker's chocolate, melted.

2 eggs slightly beaten,  $\frac{1}{2}$  cup chopped almonds.

$\frac{1}{2}$  cup cut up dry dates

$\frac{1}{2}$  cup sifted flour.

Bake in a thin layer for ten minutes in a moderate oven. When done, cut in strips or squares.

### Christmas Cakes

6 eggs	1 cup almonds cut fine
1 cupful of granulated sugar	1 cup dates stoned and cut fine
1 cup full bread crumbs, sifted	$\frac{1}{2}$ pound figs chopped fine
fine	1 teaspoonful baking powder
1 tablespoonful lemon juice	

Beat the yolks and sugar well and add gradually in succession, beating well all the time, the lemon juice, nuts, dates, figs, bread crumbs and baking powder mixed; and, lastly, the whites beaten until stiff. Bake in a single sheet about  $\frac{1}{2}$  inch thick. Cover with plain

boiled icing, and sprinkle generously with a mixture of chopped figs, nuts and dates.

Cut in small diamond shapes.

MRS. V. E. METZLER,  
Coachella, Calif.

### Date Cake

2 cups sugar	2 cups walnuts
4 eggs	2 tablespoons flour
2 cups dates	2 teaspoons baking powder

Bake in a thin sheet for one-half hour in a slow oven.

Nice in layers, with whipped cream between.

MRS. LIBBIE SALES,  
Los Angeles, Calif.

### Date Crackers

Put 1 scant pound stoned dates, 1 cup granulated sugar, and  $\frac{1}{2}$  cup cold water together and boil till soft. Allow to cool. Cream 1 cup brown sugar and 1 cup butter, or other shortening, then add  $2\frac{1}{2}$  cups rolled oats and  $2\frac{1}{2}$  cups flour. Mix well with the hands. Add  $\frac{1}{2}$  cup warm water in which dissolve 1 teaspoon soda.

Divide the dough in 2 equal parts, roll very thin, spread date mixture on one layer, place second layer on top of filling, and cut in squares. Bake to a light brown in hot oven.

These are nice with coffee or to use as a regular cookie.

LADIES' HOME JOURNAL, May, 1912.

### Date Cookies

$\frac{1}{2}$ cup butter	$\frac{1}{4}$ tea-spoonful salt
$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ tea-spoonful cinnamon
2 eggs	$\frac{1}{2}$ cup chopped walnuts
$\frac{1}{2}$ tea-spoonful soda dissolved in 3 table-spoonfuls sour milk	$\frac{1}{2}$ cup dates, seeded and chopped
	$1\frac{3}{4}$ cups flour

Cream butter, add sugar gradually, then add egg well beaten, soda dissolved in milk,  $\frac{1}{2}$  cup of the flour mixed and sifted with salt and cinnamon. Add walnuts, dates and the rest of the flour. Drop by spoonfuls, one inch apart on a greased pan, and bake in a moderate oven.

ALBERT METZLER,

Coachella, Calif.

### Date Macaroons

1 cup sugar	2 cups sifted flour
$\frac{2}{3}$ cup butter	$\frac{2}{3}$ teaspoon soda
2 eggs	1 teaspoon salt
Stir until light and creamy	1 teaspoon cinnamon

Sift flour, soda, salt and cinnamon together, and add to sugar butter and egg mixture, then add:

2 cups rolled oatmeal, put through a grinder	1 cup shredded raisins
	1 cup chopped nuts
	1 cup shredded dates

Mix thoroughly. Drop by teaspoonfuls on a greased pan, and bake rather slowly.

### Date Marguerites

Take square wafers, crisp a little in the oven, then put a generous spoonful of stiff boiled frostings, to which has been added chopped nuts and dates, on each. Brown in oven or not as is liked.

### Date Nut Drops

Mix $\frac{3}{4}$ cup butter with $1\frac{1}{2}$ cups brown sugar	1 cup chopped nuts
A pinch of salt	$\frac{1}{2}$ teaspoon each of cinnamon and soda
3 well beaten eggs	1 teaspoon cream of tartar
$2\frac{1}{2}$ cups flour	Lastly add $\frac{1}{2}$ cup hot water
$1\frac{1}{2}$ cups chopped dates	Drop from a spoon

MRS. R. H. POSTLETHWAITE,

Coachella, Calif.



### Drop Cakes

1½ cups brown sugar	1 cup butter
3 eggs, well beaten	¼ cup milk
1 cup dates cut in pieces	A pinch of salt
3 cups flour	1 cup English walnut meats
1 teaspoonful cinnamon	1 teaspoonful soda

Mix in the usual way, and drop from a spoon in small lumps.

### Fruit Cookies

1 cup sugar	2 teaspoonfuls cream of tartar
½ cup butter	1 teaspoonful soda, flour to roll
1 egg	[1 cup wheat flour, 1 of barley
½ cup milk	and ½ of rice may be used.]

### Filling

1 cup chopped dates	½ cup water
¼ cup sugar	1 tablespoonful flour

Mix flour and sugar first, then add other ingredients, and cook. Roll dough thin, cut, place a small portion of the filling on one cookie, placing another cookie on top. Press edges together.

MRS. C. S. ROBINSON,  
Colorado Springs, Colo.

### Hermit Cookies, with Dates

1 cup butter	3 eggs
2 cups sugar	1 teaspoonful soda dissolved
1 cup chopped dates and raisins mixed	in 2 tablespoonfuls sour milk

Add all kinds of spices to taste, and flour to roll. Cut out and bake. Will keep a long time.

MRS. H. BROWN,  
Northfield, Vermont.

### Oatmeal Cakes

1 cup rolled oats	¼ teaspoonful salt
½ cup flour	¼ cup shortening

- |                                    |                                 |
|------------------------------------|---------------------------------|
| 4 level teaspoonfuls baking powder | $\frac{1}{2}$ cup milk          |
|                                    | $\frac{1}{2}$ cup chopped dates |

Mix flour, oats, baking powder and salt. Cut in shortening. Add milk, and mix, forming a soft dough. Lastly add chopped dates. Drop into greased muffin tins, and bake in a quick oven.

MRS. L. J. FABIAN,  
Coachella, Calif.

### Oatmeal Cookies

- |                              |                             |
|------------------------------|-----------------------------|
| 1 cup sugar                  | 2 cups oatmeal              |
| $\frac{1}{2}$ cup butter     | 1 teaspoonful salt          |
| 1 cup flour                  | 2 small eggs or 1 large one |
| 2 teaspoonfuls baking powder | 1 tablespoonful of water    |
| sifted with flour            | 1 cup chopped dates         |

Drop from a spoon in small cakes.

MRS. C. O. MOSS,  
Coachella, Calif.

### Oatmeal Drop Cakes

- |                             |                            |
|-----------------------------|----------------------------|
| 1 cup sugar                 | 1 teaspoonful cinnamon     |
| $\frac{1}{2}$ cup butter    | A little nutmeg            |
| $\frac{1}{3}$ cup lard      | A little salt and cloves   |
| 2 eggs                      | 2 cups of oat meal         |
| $\frac{1}{2}$ cup sour milk | 2 $\frac{1}{2}$ cups flour |
| 1 cup chopped dates         | 1 teaspoonful flour        |

Mix and drop on a cooky sheet in small lumps about the size of an English walnut. Bake in a moderate oven.

MRS. A. O. McDONALD,  
Jack's Cabin, Colorado.

### Quick Nut and Date Roll

- |                                |                              |
|--------------------------------|------------------------------|
| 3 cups flour                   | $\frac{1}{4}$ cup milk       |
| 5 teaspoons baking powder      | 1 tablespoon softened Crisco |
| $\frac{3}{4}$ teaspoon salt    | $\frac{1}{3}$ cup dates, cut |
| $\frac{1}{3}$ cup Crisco       | $\frac{1}{2}$ cup nut meats  |
| 1 egg well beaten              | 2 tablespoons sugar          |
| 1 teaspoon cinnamon if desired |                              |

Sift together dry ingredients twice, then work in the Crisco. Add part of the milk to the egg, and use in mixing the dry ingredients to a dough. Use more of the milk as is required. Turn the dough on a floured board, knead a little and roll into a rectangular sheet  $\frac{1}{3}$  inch thick, spread with softened Crisco, sprinkle over the other ingredients and roll compactly as in a jelly roll. Cut in pieces  $1\frac{1}{2}$  inches long, set on end close together in a pan, and bake twenty minutes.

JANET McKENZIE HILL.

### Rich Date Cookies

1 cup sugar	$\frac{1}{4}$ pound walnuts, chopped
1 cup butter	2 cups flour, and 1 teaspoon
2 eggs	soda sifted with it
1 pound dates, cut up	

Drop in small balls three inches apart on greased cooky tins.

MRS. H. T. FOTHERGILL,  
Coachella, Calif.

### War Cakes

1 cup molasses	$\frac{1}{2}$ teaspoon cloves
$1\frac{3}{4}$ teaspoons soda	$\frac{1}{4}$ teaspoon nutmeg
1 cup sour milk	2 cups flour
$\frac{1}{2}$ cup shortening, melted	1 teaspoon salt
1 teaspoon cinnamon	1 cup dates, cut in pieces

Add soda to molasses and beat thoroughly, add milk, shortening, spice, salt and sifted flour and dates.

Drop from a teaspoon from on a buttered sheet, and bake in a moderate oven.

MRS. C. O. MOSS,  
Coachella, Calif.

# Frostings and Fillings for Cake

## Boiled Frosting

One and one-quarter cups sugar and  $\frac{1}{2}$  cup hot water boiled together till it spins a thread. Let cool a minute or two, and pour slowly over the well beaten whites of 2 eggs, beating all the while. Flavor. Stir in chopped dates and nuts mixed.

MRS. A. G. PROCTOR,  
Coachella, Calif.

## Date Icing

2 cups sugar

$\frac{1}{2}$  cup water

Let stand until it dissolves. Boil slowly without stirring until it threads from the spoon.

Beat whites of eggs to a stiff froth. When syrup is slightly cool, stir in gradually, and beat until cold.

Flavor to taste, and add chopped dates.

MRS. T. M. MILLER,  
Los Angeles, Calif.

## Date Filling

$\frac{1}{2}$  pound dates, weighed after

$\frac{1}{2}$  cup boiling water

stoning

1 tablespoonful lemon juice

$\frac{1}{4}$  cup sugar

Mix ingredients, and cook in a double boiler until thick enough to spread. Dates should be put through a meat chopper.

One cup means  $\frac{1}{2}$  pint. Cup, tablespoon and teaspoon all mean level measurements.





# SALADS



“To make a perfect salad there should be a spendthrift for oil, a miser for vinegar, a wise man for salt and a mad cap to stir the ingredients up and mix them well together.”

—Spanish Proverb.

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## Arabian Salad

Take the heart of a date palm, and cut it in small pieces. Add to it 1 cup dates, stoned and cut in quarters. Mix with mayonnaise, and serve on lettuce leaves.

(The heart of the palm is considered a great delicacy among the Arabs.)

MRS. C. O. MOSS,

Coachella, Calif.

## Banana Salad

Peel as many chilled bananas as there are persons to be served. Split lengthwise, and put the halves together with a filling of dates, English walnuts, and preserved ginger, chopped fine and moistened with lemon juice.

Arrange on individual salad plates.

Garnish with lemon and water cress.

Serve with whipped cream mayonnaise.

Ginger may be omitted.

MRS. V. E. METZLER.

## Cherry Salad

Use large white canned cherries. Remove pits, and slip into each cherry a small piece of nut.

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One cup means  $\frac{1}{2}$  pint. Cup, tablespoon and teaspoon all mean level measurements.

Pack in a dish and cover with the juice from the cherries, and let stand in a cool place until ready to serve.

Serve five or six cherries and two or three dates cut in halves on lettuce. Cover with salad dressing.

MRS. A. TAYLOR,  
Crested Butte, Colorado

### Date Salad

Use the very large, soft, fresh dates. Remove stones, cut in half and place on lettuce leaves. Fill cavities with a mayonnaise salad dressing to which has been added a little whipped cream.

### Date and Apple Salad

Equal parts of semi dry dates and good eating apples. Cut in pieces, and mix with salad dressing. Put on lettuce leaves.

MRS. C. W. HYDE,  
Coachella, Calif.

### Date and Celery Salad

1 cup celery cut in pieces       $\frac{1}{2}$  cup walnut meats  
 $\frac{1}{2}$  cup chopped dates

Mix and serve on lettuce leaves with mayonnaise or cream dressing.

MRS. C. DIEL,  
Crested Butte, Colorado

### Date and Cheese Salad

Remove stones from dates, and fill cavities with Neufchatel cheese. Arrange on lettuce leaves, and pour over French dressing.

MRS. C. O. MOSS,  
Coachella, Calif.

### Date and Fig Salad

Use large fresh dates and fresh figs, slice, arrange

on lettuce leaves, and serve with either cream or French dressing.

MRS. T. M. MILLER.

Los Angeles.

### **Peach Salad**

Use either ripe or canned peaches. Remove the stone, and fill cavity with a ball of cottage cheese. On the top of each ball place a half date. Pour a salad dressing about, and serve on lettuce leaves.

### **Fruit Salad**

3 apples	2 bananas
2 oranges	1 scant cup dates
1 small can pineapple	

Walnut meats and marshmallows may be added, and cut all in not too small pieces.

Heap on lettuce leaves, and, just before serving, add a good creamy salad dressing.

MRS. B. A. TEAGLE,

Coachella, Calif.

### **A Mixed Salad**

1 cup stoned dates (do not cup up)	1 cup diced apples
$\frac{1}{2}$ cup grated cheese	1 cup mayonnaise
1 cup celery	3 tablespoons nut meats
	1 head of lettuce

Mix ingredients with mayonnaise, and arrange on lettuce leaves.

MRS. R. H. POSTLETHWAITE,

Coachella, Calif.

### **Mixed Fruit Salad**

1 package of Jiffy-Jell	$\frac{1}{4}$ cup chopped dates
1 cup chopped nuts	1 individual bottle of Welch's
1 small can pineapple	or Armour's grape juice

Dissolve Jiffy-Jell in grape juice, and add enough pineapple juice to make one pint. Pick pineapple apart, and put in small moulds with chopped mixture.



Pour liquid over, and put on ice to chill. When cool place on lettuce leaves, and serve with boiled mayonnaise or whipped cream.

MRS. A. O. HAYWARD,  
Thermal, Calif.

### **Pineapple, Date and Cheese Salad**

Place lettuce on salad plates, then a slice of pineapple. Seed some dates, and cut crosswise, laying them over the pineapple. Next put Neufchatel cheese over dates, then a good creamy salad dressing.

MRS. E. WINTERER,  
Hollywood, Calif.

### **Peanut Salad**

1 cupful thinly sliced apple	$\frac{1}{2}$ cupful chopped roasted peanuts
1 cupful chopped celery	
$\frac{1}{2}$ cupful chopped dates	Lettuce                      Mayonnaise

### **Salad de Luxe**

Use marshmallows, dates, apple, nuts, and green grapes.

Cut marshmallows in four pieces, seed dates and cut in pieces, apples cut up, and grapes seeded.

Have equal parts of each, and mix with a fruit salad dressing. Place on lettuce leaves, and put dressing on top.

MRS. E. WINTERER,  
Hollywood, Calif.

# SALAD DRESSINGS

## Cream Dressing

1 teaspoonful salt	1½ cup melted butter
¼ teaspoonful unmixed mustard	½ cup vinegar
2 teaspoonfuls sugar	2 teaspoonfuls lemon juice
Yolks of 4 eggs	A few grains of red pepper

Mix well in the order given, and cook in a double boiler until it begins to thicken, stirring continually. Just before using, add 1 cup sweet whipped cream.

MRS. M. A. LAWRENCE,  
Gunnison, Colorado.

## Delicious Salad Dressing

One cup boiling water, ¼ cup vinegar and lemon juice mixed. When this boils, stir in 2 tablespoons flour rubbed to a paste with 2 tablespoonfuls olive oil. Stir and cook for 5 minutes. Remove from the stove, pour over the well beaten yolks of 2 eggs, stir and mix thoroughly, then put away to cool, stirring occasionally. When cool but not cold, add ½ cup olive oil, a little at a time.

If olive oil is not liked, melted butter may be substituted. When using, whipped cream may be added. For fruit salad add a little sugar.

## French Salad Dressing

Mix ⅔ teaspoonful salt	5 tablespoons olive oil
⅛ teaspoon pepper	2½ tablespoons vinegar

When using for a cheese salad, add a few drops of

One cup means 1-2 pint. Cup, tablespoon and teaspoon all mean level measurements.

onion juice. Beat all together until ingredients are thoroughly blended.

### **Mayonnaise Dressing**

Put the yolks of 2 eggs in a bowl, and beat.

Add  $\frac{1}{4}$  teaspoonful salt, and add gradually, drop by drop, 1 gill olive oil, a few drops of vinegar, and continue adding the oil until you have the desired quantity of mayonnaise. Beat in a few grains of red pepper. Allow about 1 tablespoonful of vinegar to 1 gill of oil. If a lighter color is desired, allow a few drops of lemon juice.

MRS. S. T. RORER,

### **Sweet Salad Dressing**

Yolks of 2 eggs  
 $\frac{1}{4}$  cup sugar

Beat well, add  $\frac{1}{4}$  cup vinegar

Cook in double boiler, and when using, add cream, either whipped or unwhipped.

MRS. R. M. CLARK,  
Los Angeles, Calif.

# SANDWICHES

"Fame is at best an unperforming cheat,  
But 'tis substantial happiness to eat."

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## Date, Fig and Nut Sandwiches

$\frac{1}{2}$ cup dates	$\frac{1}{4}$ cup almonds
$\frac{1}{2}$ cup figs	Cream to moisten

Put fruit and nuts through a meat grinder, moisten with cream, so mixture will spread nicely, and spread between thin slices of bread.

MRS. F. W. ZABLER,  
Coachella, Calif.

## Date and Nut Sandwiches

Use equal parts of dates and English walnuts put through a grinder, and spread between thin slices of bread slightly buttered. May be cut in any fancy shape.

MRS. E. F. WILLIAMS,  
Coachella, Calif.

## Fruit Filling

Figs, raisins, dates. Remove the stems and stones. Chop fine; add a little cold water and cook to a paste. Add a few drops of lemon juice.

LADIES' HOME JOURNAL.

## Nut and Fruit Cheese Sandwiches

This may be served in the same manner as cold meat for either luncheon or supper.

---

One cup means 1-2 pint. Cup, tablespoon and teaspoon all mean level measurements.

Wash  $1\frac{1}{2}$  pound pitted prunes, mix with  $1\frac{1}{2}$  pound seeded raisins,  $1\frac{1}{2}$  pound stoned dates and  $1\frac{1}{2}$  pound of washed figs,  $\frac{1}{4}$  pound blanched almonds,  $\frac{1}{4}$  pound of Brazil nuts and  $\frac{1}{4}$  pound pecan nuts. Put all through a meat chopper, first a little of the fruit, then a few nuts. Continue this till all of the fruit and nuts are chopped and mixed. Add the juice of 2 oranges, and knead with the hands. Pack down in baking powder cans, and stand aside in a cool place.

When wanted for use, set the can in a pan of hot water, loosen sides and pull out. Slice thin.

MRS. V. E. METZLER,  
Coachella, Calif.

### **Orange Marmalade and Chopped Dates**

make a good filling for a sweet sandwich.

### **Peanut Butter Sandwiches**

Grind dates, and put with equal part of peanut butter, mix well, and spread between slices of slightly buttered bread.

MISS MARGARET GREEN,  
Coachella, Calif.

# PRESERVES and JAMS

"Fruit, unripe, sticks on the tree,  
But fall unshaken when they mellow be."

## Cranberry Relish

2 quarts of cranberries	Rind of 2 oranges, chopped
3½ pounds of white sugar	fine
½ pound seeded raisins	1 cup vinegar
½ pound dates	Juice of 2 oranges

One teaspoonful each of ginger, cloves and cinnamon. Cook all to a marmalade, and put in jars.

Nice with cold meats, as chicken, etc.

## Dates as a Sauce

Stone large soft dates, put in sauce dishes and pour sweet cream over them.

MRS. R. M. CLARK,  
Los Angeles, Calif.

## Date Butter

1 quart dates	Sugar to taste
1 pint tart apples	

Stone dates, pare and core apples. Boil together till soft; then mash through a colander. Add sugar, and boil till thickness of apple butter.

MRS. S. HUGHES,  
Coachella, Calif.

## Dessert Jam

Wash roselle buds, cover with water and let boil gently until juice is extracted. Pour into a jelly bag and let drip. Measure juice, and, to each pint, add nearly a pound of sugar. Boil until it just begins to jell, then add cut up dates and almonds, which have

One cup means ½ pint. Cup, tablespoon and teaspoon all mean level measurements.

been blanched and cut up coarsely. Cook just long enough to bring to a boil again, then pour in glasses and seal like jelly.

MRS. V. E. METZLER,  
Coachella, Calif.

### Jam

A nice jam may be made with two parts dates to one part cranberries. Cook and mash fruit, add sugar to taste and boil to desired thickness.

MRS. HAZZARD.

### Peach Conserve

2 quarts of fresh sliced peaches	$\frac{1}{2}$ cup sliced dates 1 cup of either Eng. walnuts or blanched almonds
3 oranges, sliced thin after re- moving skins	Sugar to preserve
$\frac{1}{2}$ cup seeded raisins	

Cut nuts and put in after it is ready for jars.

Cook slowly until it is very clear.

MRS. E. WINTERER,  
Hollywood, Calif.

### Prunes and Dates

Stew prunes till soft, add just a little sugar.

Before taking from the fire, add some dates stoned and cut in half. Serve with cream.

MRS. A. O. HAYWARD,  
Thermal, Calif.

### Stewed Dates

(A good sauce for "Dainty Sponge Fruit Pudding.")

1 cup cold water	Juice and thinly cut rind of
$\frac{1}{4}$ pound of dates	$\frac{1}{2}$ lemon
1 tablespoonful of sugar	

Allow to simmer very gently for  $\frac{1}{2}$  hour. Remove dates to a dish, and pour the syrup over them, and allow to cool.

MRS. H. T. FOTHERGILL,  
Coachella, Calif.

**Tutti-Frutti Preserves**

Wash 4 quarts purple plums. Put in a large sauce pan and cover with water. Cook slowly until the plums have softened, and separated from the stone. Remove from the fire, and remove all stones. Add to the plums equal measure of brown sugar, and cook slowly until a thick preserve is made. When nearly done, put in 1 pound of seeded raisins, 1 pound of dried figs cut in small pieces  $\frac{1}{2}$  pound of dates cut in pieces. Stir often, and, when done, try as you would for jelly.

Lastly, put in  $\frac{1}{2}$  pound of chopped pecans. Seal in jars.

MRS. A. L. MEADE,  
Colorado Springs, Colo.



# MISCELLANEOUS

“The turnpike road to people’s hearts, I find,  
Lies through their mouths, or I mistake mankind.”  
Dr. Wolcot.

## A Good Laxative

Put through a food chopper twice

$\frac{1}{2}$ pound seeded raisins	$\frac{1}{2}$ pound of figs
$\frac{1}{2}$ pound of dates	$\frac{1}{4}$ pound senna leaves picked over
$\frac{1}{2}$ pound of prunes	

After grinding, roll out on bread board  $\frac{1}{4}$  or  $\frac{1}{2}$  inch thick, and cut into inch squares. Keep in a jar.

Dose—1 square at bed time.

MRS. M. McLEISH,  
Riverside, Calif.

## Dates in Cereal

Cut dates, and cook with any kind of cereal.

This makes the cereal sweet enough so the use of sugar is not necessary.

MRS. A. G. PROCTOR,  
Coachella, Calif.

## Dates with Cereal

Dates chopped, or cut coarsely in a meat grinder, and sprinkled, uncooked, on hot oatmeal or other breakfast cereal to be served with honey and cream, make a delicious dish.

MRS. C. E. COOK,  
Indio, Calif.

## Dates with Rice

Wash 1 cup of rice through several waters, drain, and sprinkle into 2 quarts of boiling water. Let boil

One cup means  $\frac{1}{2}$  pint. Cup, tablespoon and teaspoon all mean level measurements.

twenty minutes, then pour into a sieve, and allow cold water to run through the rice to harden it, drain, salt, and place in the oven or on back of the stove in a dish covered with cheese cloth, until grains are dry and flaky. Cover with ground or chopped dates just before taking to the table.

MRS. C. E. COOK,  
Indio, Calif.

### English Chutney Sauce

1 pound of apples	6 small onions
$\frac{1}{2}$ pound raisins	1 ounce of white mustard seed
$\frac{1}{2}$ pound dates	
1 dozen ripe tomatoes (canned ones may be used)	1 $\frac{1}{2}$ quarts vinegar, boiled and cooled (do not have too strong)
2 red peppers	
$\frac{1}{4}$ cup mint leaves (fresh or dried)	1 pound of granulated sugar

It requires no cooking. Put everything through the meat grinder. Salt and sugar heated with the vinegar, and let cool before pouring over rest of ingredients.

Pour all in a crock or jar, and let stand ten days, stirring each day, then it can be bottled. Nice with meats.

MRS. S. S. LOGAN,  
Denver, Colo.

### Mu'asal of the Persian Gulf

(One of the best preserves of that region.)

Remove the seeds from the dates and replace with walnut meats. Boil down some date syrup (any other good syrup would do), add sesame seed to taste, and a little rose water for aroma; boil until thick, add dates, put over the fire, and let it come to a boil again; then put into glass jars.

### Pickled Dates

Dates may be pickled in vinegar just before they are ripe, when they much resemble pickled walnuts.

### Sweet Potatoes and Dates

- |  |                            |
|--|----------------------------|
| 1 cup dates cut in quarters                                | $\frac{1}{2}$ cup cream    |
| 2 cups mashed sweet potatoes<br>(boiled in skin till done) | A little salt and cinnamon |
|  | 2 eggs well beaten         |

Mix, folding eggs in last. Drop heaping tablespoons on pie pans, well greased, and bake one-half hour, or till brown.

MRS. B. A. TEAGLE,  
Coachella, Calif.

### Syrian Method of Preserving Dates

Take the largest dates obtainable, preferably before they are entirely ripe; peel them with a sharp knife, put them in a pot, add a little more than enough water than to cover them, boil until they are soft; then slip the seeds out and put an almond or pistachio, with a clove, in the cavity; boil dates in syrup with a little lemon peel until the proper consistency; take them off the fire and let them stand over night; then bring to a boil again and put in glass jars.

### Tamarind Chutney

- |  |                                 |
|--|---------------------------------|
| 2 pounds of dates                                | 1 pound onion                   |
| $\frac{1}{2}$ pound of green ginger root         | $\frac{1}{4}$ pound chillies    |
| 1 pound of layer raisins                         | $\frac{1}{4}$ pound brown sugar |
| 2 tablespoons of salt                            | $\frac{1}{2}$ pint vinegar      |
| A $\frac{1}{2}$ pound jar or bottle of tamarinds |                                 |

Remove stones from tamarinds, chop fine, the same with dates; stone and cut the raisins into quarters; chop fine the onion; pound the chillies and scrape and slice the ginger.

Mix all the ingredients together, bottle and seal.



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